

What are Ticks?

- Ticks are small six legged parasitic insects.
- There are over 800 types of ticks in the world.
- Ticks feed on the blood of mammals (humans and furry critters).
- Some ticks live for a year or more, and others have shorter life spans.

Where do ticks live?

- Usually ticks can be found in wooded areas, brush, tall grass and weeds.
- Ticks climb on vegetation and wait for an animal or human to pass by. They hop on and begin feeding.
- Ticks tend to dislike sunlight, so are often found in shady areas.

For more information on Ticks and related illnesses:

Centers for Disease Control:
www.cdc.gov/ncidod/ticktips2005

Public Health—Seattle & King County:
www.metrokc.gov/health/prevcont/lymedisease.htm



Health Care for the Homeless Network
Public Health - Seattle King County
999 3rd Ave, Suite 900
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www.metrokc.gov/health/hchn

Tick Talk



Check your
risk for
Tick related diseases

Health Care for the Homeless Network
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Do you spend time in wooded or grassy areas?

You may be at risk for Tick related illnesses...

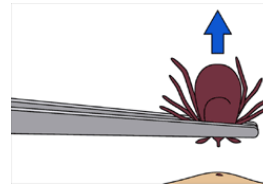
Are Ticks Dangerous?

Sometimes. There are several species of ticks that carry diseases. One you might have read about is Lyme disease, which is carried by the Deer Tick. We rarely see that type of tick or Lyme disease in the Northwest. In the South, there is a tick called the Lone Star Tick. It carries Lyme and other diseases. There is a disease called Rocky Mountain Spotted Fever which is found throughout the USA, but rarely seen here. It is most common in the southeast United States.



What to do if you get bitten:

- **Don't panic.** It is very important to **remove the tick as soon as you can.** This helps prevent the possibility of catching a tick borne disease.
- Get a pair of pointed tweezers, grasp the tick close to your skin, and pull it out slowly and straight.
- **Don't** twist or grasp the tick by its belly or butt. That squeezes any germs it may be carrying into you. Keep it in a zip-lock bag if you want to have it identified.
- Vaseline, alcohol, nail polish, and hot match tips **do not work** to remove ticks.
- Wash the tick bite area with lots of soap and warm water to make sure it does not become infected. Rinse, dry, and apply a band aid. You can apply a little antibiotic ointment if you are not allergic to it.
- Seek medical attention if the bite shows signs of infection (tenderness, redness, red streaks, swelling, warmth, pus or drainage).
- If you become sick with headache, nausea, vomiting, rash, or any other unusual symptoms see a health care provider and let them know that you were bitten by a tick.



How to avoid getting bitten:



- Wear long sleeve shirts and pants, shoes, and socks.
- Tuck pants into socks so ticks can't crawl up your leg.
- Wear light colored clothing so you can see ticks more easily if any get on you.
- Avoid woods, tall grass, and brush when possible.
- Pitch tents away from the woods. Keep grasses near where you are camping cut as short as possible.
- Inspect yourself (body, clothes, hair) and your pets for ticks after being in the woods or brush.
- Use insect repellent on yourself and flea/tick repellent on your dogs and cats.

